

non-tapering lower waveguide.

6. An optical bench according to claim 1, in which the optical alignment means is adapted to receive the optical device.

7. An optical bench according to claim 1, in which the optical alignment means is keyed for engagement with the optical device.

8. An optical bench according to claim 1, in which the optical alignment means comprises at least one trench in the optical bench within which the optical device is to be located and one or more alignment grooves or ridges that cooperate with corresponding alignment ridges or grooves, respectively, formed on the optical device.

9. An optical bench according to claim 1, further comprising an integral V-groove dimensioned to allow for the location of an optical fibre adjacent a facet of the spot size converter.

10. An optical assembly comprising an optical bench according to claim 1, in combination with an optical device located on the optical bench, and an optical fibre, each of the optical device and the optical fibre being aligned with the spot size converter to provide coupling of light between the optical device and the optical fibre.